



## Know The Heart Attack Warning Signs

Heart attacks may strike suddenly without warning. But, according to the American Heart Association, most heart attacks are accompanied by warning signs. Knowing these warning signs and what to do if they occur can often minimize the severity of heart attacks and may even save lives.

The following symptoms may be signs of heart attack:

- **Chest discomfort** in the center of the chest, including uncomfortable pressure, squeezing, fullness or pain, lasting more than a few minutes, or that goes away and comes back
- **Discomfort in other areas of the upper body**, including pain or discomfort in one or both arms, the back, neck, jaw or stomach
- **Shortness of breath** with or without chest discomfort
- **Other signs**, including chills, sweating, nausea or lightheadedness

*Women also may experience chest pain as a heart attack warning sign, but are more likely also to experience no symptoms or a combination of chest discomfort and shortness of breath, nausea/vomiting and back or jaw pain.*

If these symptoms occur, get to a hospital or call 911 right away. If these warning signs do indicate a heart attack, rapid medical treatment can improve health outcomes.

### When Heart Attacks Strike Without Warning

Signs of a heart attack in progress when no advance symptoms are present include:

- Sudden loss of consciousness or lack of response to touch and sound
- Irregular breathing

*If these signs of heart attack are present, contact 911 immediately.*

Begin CPR before emergency medical personnel arrive. Many public areas and buildings are now equipped with automated external defibrillators that analyze heart rhythm and direct the rescuer to deliver an electrical shock to the victim. This shock, called defibrillation, may help restore a regular heartbeat.

